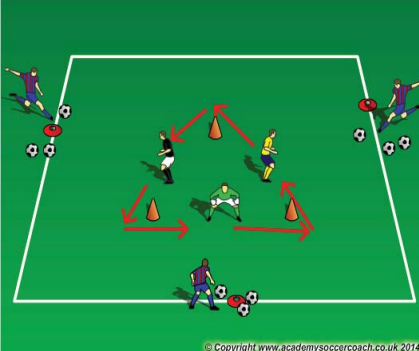




Gospel Projects / Eastern Shore SC Practice Plans

Goalkeeper

Season: Winter 2017 Program: Goalkeeping Week: 5

Topic: Goalkeeping Footwork, Quickness and Ball Handling

Stage	Activity Description	Diagram	Coaching Points
<p>Technical Warm-up</p>	<p>Triangle Catching:</p> <ul style="list-style-type: none"> • Make a triangle about 4 yards wide and place a GK in each side of the triangle • GK's receive from the server they are facing between knees and chest • GK's then rotate to their left and receive from the next server • Rotate GK's and servers after a set time <p>Services: On the ground, Bouncing, mid-height</p>		<ul style="list-style-type: none"> • Move quickly into set position • Body weight on the balls of feet, hands in a ready position • Get in line with the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket & Scoop)
<p>Activity 1</p>	<p>Go Fwd., Set Catch & Switch:</p> <ul style="list-style-type: none"> • Place 2-3 GKs per station. Squares are 3-4 yards as shown. Have 1 server per station • The GK moves from the back line of cones to the front line between the cones and gets into a set position to catch the ball. • Then the GKs move back to the back line <p>Variation: GK's will shuffle backwards and then sideways toward the other station</p>		<ul style="list-style-type: none"> • Keep the eyes on the ball • Get into line with the ball • Keep the hands behind the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket & Scoop) • Come forward to save the shot, don't wait for the shot to come to you
<p>Activity 2</p>	<p>Get to the Goal. Set & Catch:</p> <ul style="list-style-type: none"> • Set up a 3-4 yard square with servers on three sides of the square. GK starts in middle of the square. • Servers are numbered 1 through 3 • When coach calls out a number, the GK must move to that side of the square to receive from that server • Coach then shouts out a new number • Rotate after 8 serves <p>Services: • On the ground, bouncing, mid-height</p>		<ul style="list-style-type: none"> • Move quickly into set position • Body weight on the balls of feet, hands in a ready position • Get in line with the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket & Scoop)
<p>Conditioned Game</p>	<p>Play 3v3, 4v4 or 5v5</p> <ul style="list-style-type: none"> - All teams with a Goalkeeper - Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques. - Reinforce all the coaching points from all the activities. 		